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Bangalore Mirror

TEMP Max 27 | Min 20 | Humidity 83% Partly Cloudy Sensex 81,741 | Nifty 24,951 | Gold 69,085 | Silver 83,791 | Dollar 83.67 | Euro 90.67 | GBP 107.36

PRISON FOOD

Hearing Darshan's plea, High Court makes it clear nutritional food is must for all undertrial prisoners, whether celebrity or not

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GRAVE LAKE

Yele Mallappa Shetty Lake has turned graveyard for animal carcasses as incomplete fencing leaves it exposed

PAGE 6

K-RIDE's report shows success rate of trees transplanted between Feb and June 2023 by BBMP is over 62%; need for further and constant observation stressed

GREEN SHOOTS

Agencies can't afford to be complacent, caution environmentalists

| Garima Prasher
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TWEETS @BangaloreMIRROR

Karnataka Rail Infrastructure Development Company Limited (K-RIDE)'s recent report on the condition of translocated trees from its project sites shows an improved success rate compared with translocation done by other agencies in the past.

As per K-RIDE's quarterly report (March to May 2024), the success rate of trees transplanted between February and June 2023 by Bruhat Bengaluru Mahanagara Palike (BBMP) is a little over 62%. While 61 trees were uprooted and transplanted in various areas across the city, as many as 38 are now showing signs of survival.

BBMP translocated the trees in the Yeshwantpur area following the root ball method prescribed by GKVK in 2020.

According to Dr. Manjula N, Managing Director, K-RIDE, multiple factors have led to the higher success rate of translocated trees.

"Translocation was done in protected areas that are not accessible to the public. Moreover, although BBMP conducted the process, the trees are being closely monitored

CONTINUED ON PAGE 4 »

"We must aim for a higher success rate of over 75%. Going by K-RIDE's environmental impact assessment report, thousands of trees will require translocation, which will be difficult for BBMP to execute

— Dattatreya Devare, trustee, Bangalore Environment Trust

Elevated corridor round the corner

Plan is to build 17 elevated corridors despite skepticism over such projects' effectiveness

| Sridhar.Vivan
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TWEETS @sridharVMIRROR

The 'old wine in new bottle' project is back. As many as 17 elevated corridors are now being proposed in the city. Officials said that Bengaluru, which has an estimated population of 1.4 crore has a road network of 12,878.84 km within BBMP limits, sees 80% of its vehicles using the most congested routes. With 1.04 crore registered vehicles and the number doubling each year, traffic jams have become a daily ordeal. Despite the expansion of the metro rail, congestion remains a significant issue, prompting officials to revisit the elevated corridor project.

One of the most notable proposals is the revival of the elevated corridor from Minerva Circle to Hudson Circle, a 2.7-km stretch estimated to cost around ₹324 crore. Historically, the project faced opposition when a steel flyover was proposed for JC Road, leading to the decision to construct a cement flyover instead. Although ₹213 crore were allocated under the Amrita Nagarottana project, concerns about the aesthetic impact on heritage buildings stalled the project. Hence, to improve connectivity between east-west and

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Musical blend

Experience an enchanting musical weekend with the mesmerising tunes of the renowned group, Rehmat-e-Nusrat. Featuring Sarvjeet Tamta, Sanjay at Tabla, Anubhav, Deepak, and Neeraj at Backing Vocals, this event promises to captivate audiences with an unforgettable blend of Sufi, Qawwali, and Ghazal genres. Formed by lead vocalist and harmonium virtuoso Sarvjeet Tamta, Rehmat-e-Nusrat infuses a fresh new perspective into the timeless tradition of qawwali music.
Where: Windmills, Whitefield; When: August 3, 9:30 pm onwards & August 4, 8 pm onwards

02 Dark comedy

Hold onto your seats, comedy fans! The international comedy legend Anthony Jeselnik brings his iconic humour to Indian shores for the very first time with his 'BONES AND ALL' tour for the second edition of 'The DeadAnt Loop'. Known for his bold and unapologetic style, Jeselnik's comedy delves into the darkest topics with a sharp wit. This tour will feature his signature dark humour, tackling a wide range of themes with his unique deadpan delivery. **Where: Good Shepherd Auditorium, Bengaluru; When: August 10, 7 pm onwards**

03 Groovy beats

Dance your hearts out with this enchanting event as Social & Girlfriend Girlfriend presents 'Hot Girl Hotspot,' a queer party space for women, nonbinary, and trans people at Indiranagar SOCIAL this Friday. Marc Morais will be spinning the hottest tunes in hip-hop, R&B, house, and dance all night long. **Where: Indiranagar Social, New Tippasandra; When: August 2, 8 pm onwards**

Uncertainty arises due to shift from NEP to SEP

Implementation of State Education Policy leaves guest lecturers in limbo with reduced workload, increased permanent staff

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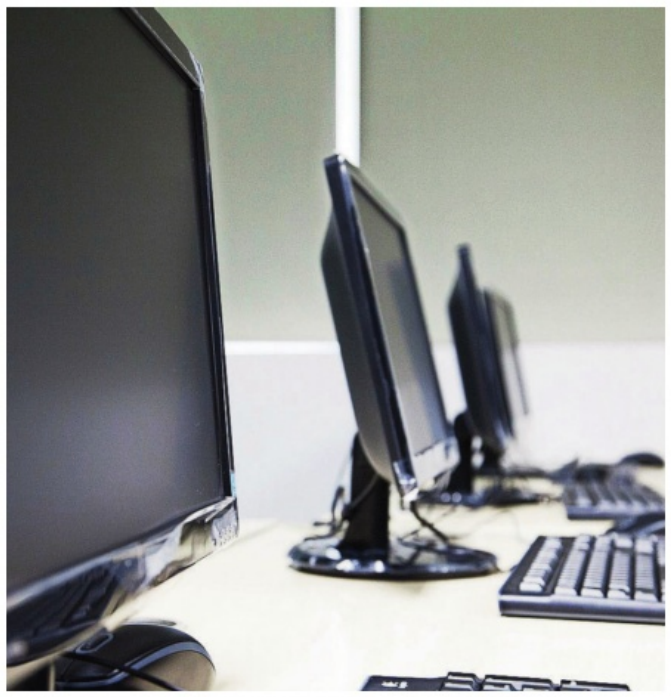
The implementation of the State Education Policy (SEP) rather than the National Education Policy (NEP) has led to significant uncertainty among guest lecturers at government first-grade colleges in the state. The shift from NEP to SEP has brought about a reduction in workload due to the removal of the open elective (OE) option, which had previously provided additional teaching opportunities. The fear of job losses is compounded by the introduction of new lecturers and the appointment of 1,342 permanent professors, which further diminishes available positions for guest lecturers.

There are approximately 11,500 guest lecturers serving across 432 colleges, and the reappointment process for the next academic year is a common practice after the end of each academic year. With many universities having completed their previous academic year and institutions like Tumkur University and Akkamahadevi Women's University concluding theirs in August–September, guest lecturers are increasingly anxious about their job security.

Job security concerns

Several factors are contributing to job insecurity among guest lecturers. Firstly, the decrease in workload due to the removal of the open elective option in the State Education Policy (SEP) means fewer teaching hours for certain subjects, directly impacting the availability of work for guest lecturers. Additionally, the hiring of new lecturers and the filling of vacancies with permanent faculty have further reduced opportunities for guest lecturers, as these positions are now being occupied by full-time staff. Compounding this issue are the transfers of assistant professors and the appointment of new permanent staff, which leaves limited room for guest lecturers in their current or nearby institutions.

These developments have created a challenging environment for guest lecturers who face the possibility of job losses. According to Dr Sunitha, President of the All India Guest Lecturers Association, guest lecturers are often exploited by successive governments and discarded once their utility is over. "The NEP had not only provided them with jobs but also offered students the chance to choose subjects outside their primary stream. The move away from NEP could lead to both a reduction in job opportunities for lecturers and a loss of educational diversity for students."



Many government colleges in the state are struggling with inadequate infrastructure, equipment and faculty

Lack of faculty & infrastructure

Furthermore, many government colleges in the state are struggling with inadequate infrastructure and faculty. The recent decision to introduce 30 new courses across 430 degree colleges has sparked concern among educationists due to a lack of proper preparation. Existing courses like BSc, BCA, Geography, and Journalism are already facing challenges related to inadequate laboratories, equipment, books, and staffing. The reliance on guest lecturers is high, as many colleges lack permanent professors. Laboratories, particularly for science subjects, are often under-equipped or nonexistent. Textbook shortages also persist despite an order to appoint 1,200 new professors, which is still pending. The lack of essential facilities affects various courses, including BCA and BSP, which are being hindered by the absence of necessary resources.

K'taka sees alarming increase in lung cancer incidence, highest among men

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Around 650 to 720 new lung cancer cases are registered each year at the Kidwai Memorial Institute of Oncology. The rise in cases can be attributed to several risk factors, including smoking, passive smoking, certain toxins, and family history. Symptoms often include a persistent cough (sometimes with blood), chest pain, wheezing, and weight loss. Unfortunately, these symptoms typically do not appear until the cancer is at an advanced stage.

Lung cancer continues to be a major health issue worldwide, with approximately 2.2 million new cases diagnosed each year. It is the most common cancer among men globally, affecting about 35.5 per 1 lakh men and 14.6 per 1 lakh women. In India, the incidence of lung cancer ranges from 5.0 to 38.8 per lakh among men and 1.0 to 37.9 among women, making it one of the top ten cancers recorded in various population-based cancer registries.

In Karnataka, recent data reveals a concerning rise in lung cancer cases. In 2023, an estimated 5,272 new cases were reported, with over 14,234 people living with lung cancer at any given time. Statistics from the Bangalore Population-Based Cancer Registry indicate a significant increase in lung cancer incidence over the past 40 years. Between 1982 and 1991, lung cancer was the second-leading cancer among men, with an incidence rate of 8.5 per cent. Today, it accounts for 10 per cent of male cancer cases, making it the leading cancer among men in the region.

In 2015, there were 3,208 cases of lung cancer, rising to 3,401 in 2019. The trend continued with 3,450 cases in 2020, 3,501 in 2021, 3,552 in 2022, and 3,604 in 2023, and is projected to reach 3,657 cases in 2024 and 3,710 cases in 2025. In Bengaluru, the number of cases is notably higher than in other districts. For males, the projected cases for 2023 are 783, rising to 813 in 2024 and 845 in 2025. In contrast, the projection for female lung cancer cases in Karnataka by 2025 is 1,715, with Bengaluru accounting for 365 of these cases.

Treatment options for lung cancer vary and may include surgery, chemotherapy, radiation therapy, targeted drug therapy, and immunotherapy. The increasing incidence of lung cancer highlights the need for heightened awareness, early detection, and effective treatment strategies to combat this growing health challenge in Karnataka and beyond.

‘Not about Darshan. All undertrials deserve nutrition’

To advocate’s plea seeking home food for actor as he is unwell, HC says ‘cannot differentiate among prisoners’

Parappana Agrahara Prison (file photo)

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“Medical requirements will be met for anyone, whether a celebrity or not. There are many prisoners who may also need a better diet

–High Court Judge

The Karnataka High Court stated on Wednesday that all citizens and undertrial prisoners require a nutritious diet, and authorities cannot differentiate based on a prisoner’s wealth, influence, or celebrity status.

Senior Advocate Prabhuling K Navadgi, representing the petitioner, argued that based on a medical certificate, the petitioner requires nutritional food. The court responded, “If he needs a special diet, if his health is deteriorating, the doctors will provide it. It is not about Darshan or anyone else. Every citizen or undertrial prisoner will ask why anyone should be denied nutritious food. How can we make a distinction? Other undertrial prisoners are also citizens.” The court further stated, “You may be an accused or undertrial prisoner, but there are scores of prisoners who may require a better diet.”

Navadgi contended that the magistrate court made a mistake by considering Rule 728 of the Karnataka Prisons and Correctional Services Manual, 2021 Prison Manual, which is an executive instruction for proper conduct inside prisons. He argued that it cannot contradict the Prison Act and particularly Section 30 of the Act, which allows home-cooked food for undertrial prisoners, subject to approval from authorities. However, the court clarified that Section 30 of the Act only outlines the procedure, while the Prison Manual regulates it through guidelines, which is a statutorily accepted principle.

Navadgi informed the court that the authorities had been requested to consider providing the actor with home-cooked food and other amenities. The Special Public Prosecutor stated that if given two weeks, the authorities would consider the two representations made and pass appropriate orders. Navadgi requested that the representation be considered objectively and in consultation with the medical officer. Following this, the court directed the respondents to consider the representation in accordance with the law and present it before the court on the next hearing date, August 20. The court also noted that the issue raised requires an answer and will remain pending until the authorities consider it.

Copy of FIR: Must for summons

Aiming to prevent the misuse of power by the police, the HC has made it mandatory for the state police to provide a copy of the First Information Report (FIR) when summoning a person for questioning or investigation as a witness or suspect in a criminal case.

The notice issued under Section 35 of the Bharatiya Nagarik Suraksha Sanhita, 2023 (corresponding to Section 41 of the erstwhile Code of Criminal Procedure) must include the crime number and the alleged offences, it said. Furthermore, the court clarified that if the notice lacks the crime number, alleged offences, or the FIR, the person summoned is not obligated to appear before the police officer. “In such cases, the police cannot take coercive action against the individual for non-appearance,” Justice M Nagaprasanna delivered the verdict while partially allowing a petition filed by TR Shiva Prasad of Bengaluru, who had challenged the legality of a notice sent to him via WhatsApp by the Amruthahalli police in Bengaluru under Section 41(1)(a) of the Cr.PC in June 2024, without providing the crime number despite his request.

The court instructed the state government to issue guidelines to the police based on its directions and provided a model format for the police to follow when issuing notices under Section 35 of the BNSS until the government releases detailed guidelines and the notices can be delivered electronically with all the required components. Recognising the extensive power granted to the police under Section 35, including the authority to arrest a person following the notice, the court emphasised, “Stronger the rigour, the noticee is required to know all that he has to reply, prior to his appearance before the police.”

59% rise in mango exports from B’luru Airport in 2024

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Kempegowda International Airport (BLR Airport) has shipped 822 metric tonnes (MT) of mangoes in 2024, marking a phenomenal 20 per cent year-on-year growth.

Last year, 685 MT of mangoes were exported. This season’s success is further accentuated by the substantial increase in the number of mangoes shipped, totaling 27 lakh pieces. This milestone represents a 59 per cent rise in volume compared to the previous season, showcasing the increasing demand for Indian mangoes in overseas markets.

US emerges as key market

This season, mango exports to the United States have surged, with airports such as Washington Dulles (IAD), Dallas-Fort Worth (DFW), and San Francisco (SFO) emerging as the top destinations for Indian mango shipments. With an extensive export network of over 60 international destinations, including prominent airports like Chicago (ORD), Seattle (SEA), Dubai (DXB), London (LHR), and Houston (IAH), BLR Airport continues to pave the way for Indian agricultural products to reach global markets seamlessly and efficiently.

“BLR Airport’s technologically advanced cold storage facility, WFS BLR Coolport, plays a crucial role in preserving the quality of the perishable produce throughout the supply chain. This has reaffirmed our position as a premier gateway that meets the growing demand for Indian mangoes, particularly to key international destinations.” Satyaki Raghunath, the Chief Operating Officer at Bangalore International Airport Ltd (BIAL).

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Grey water overflow breeds dengue fear

Residents of Manjunatha Layout are worried about health risks from flooding drains on Sadaramangala Main Road and urge BBMP to act quickly to prevent dengue and fix road

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Residents of Manjunatha Layout are deeply concerned about their health due to overflowing grey water onto Sadaramangala Main Road. They are urging authorities to address the issue promptly to prevent the spread of the dengue virus in and around the area. Residents complained that grey water has been overflowing from clogged roadside drains onto Sadaramangala Main Road for the past 15 days, but the authorities have failed to clear the silt and debris from the blocked drains. "If the Bruhat Bengaluru Mahanagara Palike (BBMP) authorities continue to neglect the clogged drains, the residents are vulnerable to dengue as the clogged drains have already become a breeding place for mosquitoes. I urge the BBMP authorities to attend to this problem without any delay," said L Anandappa, a resident of Manjunatha Layout.

The residents said the roadside drains were not cleaned before the onset of the monsoon. They mentioned that the overflow of grey water had already damaged the road and that developed potholes and craters have become major obstacles for thousands of motorists.

"I urge the BBMP authorities to fix this problem permanently by constructing a well-designed roadside drain. I believe that clearing silt and debris from the existing roadside drain will provide temporary relief. The permanent solution will be constructing a roadside drain to ensure the flow of water to the nearest stormwater drain," said Vishwanatha Reddy, a resident.

(Above): Greywater overflowing onto the road at Manjunath Layout of ward number 54; (Above Right) A choked drain on Sadaramangala Main Road near Manjunatha Layout

The residents said that grey water was overflowing near a children's clinic. "So far we have not come across people affected with dengue. However, the residents are vulnerable to dengue if the authorities fail to stop grey water overflowing onto the main road which is being used by thousands of people every day," said C Yogeswara Reddy, who owns a shop on Sadaramangala Road.

He said that children brought to the clinic may be at risk of dengue, as the clogged drain has become a breeding ground for mosquitoes.

A resident, on the condition of anonymity, has said that the BBMP authorities did nothing either to restore the pothole-ridden road or clean the roadside drain. "Our area comes under the BBMP's jurisdiction. We have been paying the property tax, but there are no basic facilities," said the resident.

> **"If BBMP authorities continue to neglect clogged drains, residents will be vulnerable to dengue**
> – L Anandappa, resident

However, BBMP ward engineer Jagadish M said he would look into the matter. "I have not received any complaint from the residents on the condition of the roadside drain. Please send the location and photos of the drain. I will ask my subordinate to visit the spot on Thursday," said the BBMP ward engineer. Only time will tell if the residents of Manjunatha Layout and surrounding areas will receive the much-needed relief from BBMP authorities.

'Survival rate can be improved'

CONTINUED FROM PAGE 1

and maintained by our construction agency with the help of feedback from K-RIDE staff. We are keeping a close eye on translocated trees," said Dr. Manjula.

City-based experts say although the rate of survival seems reasonable, it can be improved further. K-RIDE, as well as other agencies, must pay more attention to the process and appoint contractors, instead of relying on BBMP for the process, they said.

Scope for improvement

"We must aim for a higher success rate of over 75%. Going by K-RIDE's environmental impact assessment report, thousands of trees will require translocation, which will be difficult for BBMP to execute. The Forest Department of the civic agency is understaffed and is short of resources. Moreover, the administrator's role in BBMP keeps changing and this will lead to continuity issues. While the success rate is much better, we cannot be complacent," said Dattatreya Devare, trustee, Bangalore Environment Trust.

The report also underlines that the transplanted trees need to be observed frequently for their survival, growth, pests, diseases, and other physiological symptoms. It is possible to witness temporary wilting of leaves for a few days; leaf fall can also happen, and the tree that has undergone translocation can go into the transitory dormancy phase to avoid moisture loss and desiccation but can show revival symptoms within six months like new sprouts, turgid leaves, and arrest of leaf fall, etc. Sometimes, there is a distress reaction in the form of premature flowering and fruiting. Some trees generate new sprouts within a few weeks, possibly due to adequate stored food reserves, but these sprouts wither soon.

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NOTIFICATION
REF: RGU/AC2/ADM-AFF/FELL/2023-24 Date: 1 August 2024
Sub: Invitation of Applications for Fellowship in Reproductive Medicine for the academic year 2024-25 reg.
Application are invited for "Fellowship in Reproductive Medicine" (Under Affiliation of R.G.U.H.S.) at the GarbhaGudi Institute of Reproductive Health and Research (GGIRHR), Bengaluru.

Online Entrance Test:	Time:	Eligibility
10-09-2024	3:00 PM to 4:00 PM	M.B.B.S & MD/MS-OBG, DNB or equivalent

For last date to apply for online entrance, eligibility criteria and other information log on to our website www.ggirhr.com or Call: +91 83101 45493
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Trash pile-up

Austin Town

Garbage is piling up in front of the Nandan Football Ground in Austin Town.

Tree trouble

KR Puram

Trees are growing in the KR Puram bridge's expansion joints. Urgent action is needed to avoid major maintenance problems.

Transport woes

Bidarahalli

Commuters face difficulties due to the longstanding lack of bus services on the Kithiganur, Bidarahalli, and Margondanahalli roads.

Kali Reserve happenings: Stonewalling questions?

Despite around 5 letters seeking answers, Karnataka Forest Dept and State Govt yet to produce factual report on state of affairs

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TWEETS @BangaloreMIRROR

Amidst various complaints regarding unauthorised tourism activities and illegal structures inside Kali Tiger Reserve, the Karnataka Forest Department and State Government are yet to provide a factual report on the issue to the Ministry of Environment, Forest and Climate Change (MoEF&CC).

This is based on a document, a copy of which is with BM. At the same time, the Ministry has sent multiple intimations to KFD and the state government for a factual report on the hanging bridge inside the reserve that was promoted as a tourism spot, but it is yet to receive a reply. The Ministry, based on a complaint received by locals on the diversion of forest land for the construction of the bridge at Shivapur village in Kali Tiger Reserve in Karnataka, sought the report using five letters between 2019 and 2023.

The Assistant Inspector General of Forests, MoEF&CC, in separate letters written to the additional chief secretary, Government of Karnataka, Forest Ecology and Environment Department, and NTCA, has sought a factual report on the issue. Copies of these letters were also sent to the Principal Chief Conservator of Forest, KFD. Locals say the bridge was also brought to the notice of the National Tiger Conservation Authority (NTCA) a couple of years ago. While the department is yet to submit the report, the bridge is being publicised by the department.

"Every tiger reserve has a tiger conservation plan (TCP) and NTCA demarcates tourism zones for respective reserves. The Shivapur area of the reserve is not a tourism zone as per TCP. Despite all that, MoEF&CC and NTCA have done so far are seeking factual reports for years. The Ministry and NTCA have the power to stop funds in case of violations. However, they are shying away from exercising such options," said a local.

Tourism hotspot

Locals allege that some other spots inside the reserve being promoted as tourism spots include Basava Falls, Mahamane Caves, Basavadhama Ashrama Shivpur, Panchalingeshwara Caves, Aakala Gavi, Haralayyana Chilume, Akka Nagamma Caves, Vibhooti Kanaja, and Rudrakshi Mantapa.

"By promoting these spots for tourism activities, the department is in direct violation of Wildlife (Protection). It amounts to trespassing under Sections 27, 28, and 38 of the Act. We request the Ministry and NTCA to take action against officials concerned," say locals.

Finally, green signal to Shanthi Layout traffic junction

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A glimmer of hope has arisen for Shanthi Layout residents, who have been struggling a lot to cross the road near Junjappa Swamy Temple since 2016. The Police Inspector of Chikkabanavara Police Station has drafted a letter to the Bruhat Bengaluru Mahanagara Palike (BBMP) Executive Engineer of Traffic Engineering Cell to take certain measures for the benefit of pedestrians of the area.

On July 19, BM in its story 'Loss of signal', wrote about how no action was taken even though the citizens petitioned for traffic signals at the busy junction eight years ago and despite the then Additional Director General of Police and Commissioner for Traffic & Road Safety having written to the authorities to act on it.

In a letter dated July 20, 2024, the Police Inspector of Chikkabanavara Traffic Police Station wrote to the BBMP Executive Engineer of Traffic Engineering Cell to construct the scientific road humps, high-rise pedestrian crossings, and blinkers at the traffic junction situated near Junjappa Swamy Temple at Shanthi Layout of Mallasandra ward. "We have received the letter from the Police Inspector of Chikkabanavara Traffic Police Station. We will have a joint inspection of the traffic junction with the traffic police within a week. If the traffic junction comes under the ward's jurisdiction, the respective ward engineer has to take measures for constructing road humps, high-rise pedestrian crossings, and blinkers. If the traffic junction falls under the Major Roads Department, we will take measures to fix the problem," said BBMP Assistant Executive Engineer (Traffic Engineering Cell) Deepa Neelappa Nittali.

Meanwhile, Ajay Merchant, the resident of Shanti Layout who filed a petition with the traffic police, has said that he has received many endorsements from traffic police stations. "The BBMP authorities will not do anything to fix the problem. It will be a big surprise if the BBMP authorities construct scientific road humps and high-rise pedestrian crossings and provide blinkers at the traffic signal," he added.

Lost dog returns home travelling alone for 250 km to Belagavi
S Sethu Selvi, Professor

Stories that caught my eye
1) Reasons for FMD Diseases,
2) Lalbagh Flower show details,
3) What is Love?
4) Paper clip,
5)Manu Baker winning Bronze again along with Sarbjith.
—BM reader

I liked the stories 'Lost dog return home' & 'Stop over in hell'
—ST Mallkarjuna, Nagavara

The story on foot and mouth disease
—Sudha Ramesh

The story of "Lost dog returns home travelling alone for 250 kms to Belagavi" caught my eyes today.
—Ratna J Gopal

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The Online Examination (Preliminary and Main) for the upcoming Common Recruitment Process (CRP) for Recruitment and Selection of Personnel for Probationary Officer/ Management Trainee posts, in the Participating Banks is tentatively scheduled in October 2024 and November 2024.

The Online Examination (Preliminary and Main) for the upcoming Common Recruitment Process (CRP) for Recruitment and Selection of Personnel in Specialist Officers' cadre posts in the Participating Banks is tentatively scheduled in November 2024 and December 2024. The tentative schedule of events is as follows:

IMPORTANT DATES

Activity	PO/MT	Specialist Officers
On-line registration including Edit/ Modification of Application by candidates	01.08.2024 to 21.08.2024	01.08.2024 to 21.08.2024
Payment of Application Fees/Intimation Charges (Online)	01.08.2024 to 21.08.2024	01.08.2024 to 21.08.2024
Conduct of Pre-Exam Training •	September 2024	—
Online Examination – Preliminary	October 2024	November 2024
Result of Online exam – Preliminary	November 2024	November/ December 2024
Online Examination – Main	November 2024	December 2024
Declaration of Result – Main Examination	December 2024/ January 2025	January/ February 2025
Conduct of interview	January/ February 2025	February/ March 2025
Provisional Allotment	April 2025	April 2025

• PET may be conducted either in Online Mode or Physical Mode

Candidates are advised to regularly visit the authorised IBPS website www.ibps.in for details and updates.

Before registering online, candidates are advised to read each detailed notification and follow the instructions mentioned therein.

Mumbai
Date: 01.08.2024
DIRECTOR

Lake turned into animal graveyard

Yele Mallappa Shetty waterbody faces carcass dumping due to incomplete fencing, despite repeated calls for action from residents and activists

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Yele Mallappa Shetty Lake has frequently made headlines for the wrong reasons, and it's in the news again. Once known for being a dumping ground for construction and demolition (C&D) material, it has now become a site for disposing of carcasses.

On Sunday, a few lake activists found a carcass dumped in the lake. They are demanding the Minor Irrigation Department complete the fencing work around the lake to prevent people from dumping all types of waste into the water body. They said that the dumping of carcasses has become routine and urged the authorities to take measures to keep the lake free of such waste.

"The fencing of the lake began a year ago but it is yet to be completed. We have been appealing to the authorities and elected representatives to protect and save Yele Mallappa Shetty Lake from encroachment and dumping of waste but the authorities are yet to take suitable measures," said Balaji Raghotham, a lake activist.

Expressing concern over the deteriorating condition of the water body, Harischandra Prasad V, a resident, has said that he came across people dumping garbage and waste in the lake. "I want the authorities to take measures to prevent dumping of waste in the lake. The lake is not only vulnerable to dumping waste but also encroachment. Lake volunteers and activists have been trying their best to protect the lake but dumping of waste continues," said Harischandra Prasad.

Animal carcass dumped in Yele Mallappa Shetty Lake

> **"The fencing of the lake began a year ago but it is yet to be completed. We have been appealing to authorities to protect lake from dumping of waster** –Balaji R, lake activist

The lake was in the news when the land mafia dumped debris to form a road on the lake bund. It drew the attention of the authorities when a huge hoarding was put up on the lake land.

If the authorities fail to stop dumping carcasses, it will affect the students attending the training in kayaking and canoeing sports organised by the Kayaking and Canoeing Association of Karnataka. "Dumping of carcasses in the lake will ruin the quality of water in the lake. Polluted water will affect the health of trainees. I urge the authorities concerned to take measures to stop such activities," said Captain Dileep Kumar OC, Secretary of the Kayaking and Canoeing Association of Karnataka.

Dumping at Yele Mallappa Shetty Lake has been ongoing for a long time. Subhajit Ghosh, a resident of Medahalli, has stated that residents have been repeatedly informing authorities about the waste being dumped in the lake. "Recently we hoped that fencing around the lake would stop dumping and polluting the lake. Half of the fencing had been done on the southern side of the lake and half left open, no progress after that for the last two months. The Minor Irrigation engineers said that a private layout filed a case to stop fencing. It is totally disappointing,"he said.

Park problem; public push for repairs

Kaggadasapura and ABV green spaces face issues like broken equipment and poor lighting. Residents demand fixes, improved security, better amenities to address issues

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Kaggadasapura Lake and ABV Park, popular recreational spots for residents, are facing several persistent and seasonal issues that have led to an outcry among the community. Volunteers and residents have repeatedly reached out to the Bruhat Bengaluru Mahanagara Palike (BBMP) lakes team and higher officials, demanding prompt action to rectify the problems plaguing these vital green spaces.

Sachi Pathak, a dedicated volunteer, has been particularly vocal about the state of the play area. "The installations of the play area are broken. The children use these slides, climbers, and tunnels and have been hurt badly at times. The sand bed is also needed. There is a deep trench near the play area and it does not have a boundary," she said.

Lighting is another issue highlighted by residents. Many bulbs are either inadequate, non-functional, or obscured by the overgrown canopies of trees. "Some of the bulbs are inadequate, some don't work, and some are hidden by the large canopy of trees," she added.

Overgrown trees are contributing to poor lighting and making the walking tracks hazardous. "Overgrown canopies of trees have to be pruned. This will make the tree healthier and allow proper lighting on the track," noted Pathak. The low visibility has already led to accidents and even a robbery.

Broken and damaged play equipment in the park

Furthermore, the lack of dustbins along the long walking stretch has prompted calls for more to be installed to encourage responsible trash disposal. Residents have also requested extended park hours, especially on weekends, to accommodate the many families who rely on these spaces for mental and physical well-being.

Structural issues such as broken fencing and uneven tracks pose risks of falls and injuries. The absence of security measures has also raised concerns, leading to demands for security guards. CCTV cameras, and better-lit pathways. The gates and the entry points need to be guarded and security beefed up. CCTV cameras can be installed, said Pathak.

Basic amenities like drinking water and toilet facilities are sorely lacking, with senior citizens and children bearing the brunt. Stray dogs have become a menace, and the release of sewage into the lake has exacerbated the problem, especially with the onset of dengue. The broken gazebos and non-functional bulbs add to the list of grievances, making the park less inviting in the evenings.

Pathak concluded, "Allowing citizen participation for plantation activities and cleaning activities will help residents to engage, socialise, and share belongingness for the lake."

State seeks aid from Central govt

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The Karnataka government has requested the Central government's assistance in implementing various infrastructure projects in Bengaluru. Deputy Chief Minister DK Shivakumar who met Prime Minister Modi in Delhi has requested the Centre's support in establishing an Integrated Solid Waste Management system for the city. "Bruhat Bengaluru Mahanagara Palike, the municipal corporation of Bengaluru, currently manages waste processing through its eight wet waste centralised plants and a few decentralised plants. However, there is a shortage of waste processing facilities in the city due to the lack of available land within the city limits. To address this issue, BBMP plans to build integrated waste facilities at four corners of the Bengaluru Urban District, using about 100 acres each. These processing plants will be designed to handle wet waste processing, dry waste, waste-to-energy plants, and leachate treatment plants comprehensively. The plan also includes setting up necessary buffer zones with green areas around these four sites," he said.

Metro extension

Regarding the extension of Metro Rail Corridors, DKS mentioned that the Bengaluru Metro Rail Corporation Limited (BMRCL) has been involved in various phases of metro construction. As Bengaluru is growing rapidly in all directions, five corridors have been identified as extensions to the existing Metro lines, covering a length of 129 km. These corridors will connect the peripheral areas and satellite towns of Bengaluru and cater to the increasing demand for public transport. DKS requested the Centre's support in availing approvals from the Government of India for these extensions.

Double decker flyovers

DKS also proposed the integration of Metro and Road Flyover (IMRF) in upcoming Metro projects (Double Decker). "This approach will optimise land usage, reduce acquisition costs, enhance commuter experience, reduce congestion and pollution. The IMRF design will feature elevated Metro tracks on the upper deck and road flyovers on the lower deck, providing signal-free traffic movement. Hence, we request the Centre to approve this concept", DyCM said.

PRR

To decongest Bengaluru, DKS highlighted the need for constructing a Peripheral Ring Road (PRR). The Bangalore Development Authority (BDA) intends to implement the Peripheral Ring Road project, a 73.04 km long 8-lane road with 100m ROW, on a public-private partnership (PPP) basis. DKS requested the Centre's support in allocating requisite funds.

Mitigating urban floods

DKS mentioned the need for flood resilience projects. " A proposal for financial assistance amounting to Rs. 3,000 crore has been submitted to the World Bank and is awaiting approval he Department of Economic Affairs (DEA). We request the Centre to speed up approvals and secure World bank funds to boost Bengaluru's flood resilience and livability,"he said.

Wayanad landslides

Karnataka in support in aftermath of devastation

Bus services resume from city to Wayanad; volunteer activities in city; CM announces aid

Rescuers cross a river at Chooralmala, Wayanad, on day 2 of their mission after Tuesday's landslides

As the weather conditions in Wayanad improved on Wednesday, the Kerala State Road Transport Corporation (KSRTC) lifted the restrictions on bus services to the region. Previously, only five out of the 21 buses scheduled to travel towards Wayanad managed to complete their journey due to severe flooding and landslides. All the other buses faced delays, with only one bus initially permitted to operate from the Kerala side due to road blockages.

"Since the rainfall has decreased and the situation has come under control, we have allowed all 23 buses to resume service to Wayanad," stated an official. This decision comes as a relief to travellers who have been facing disruptions in transportation services between Bengaluru and Wayanad.

Meanwhile, the KSRTC has also updated its travel guidelines. Buses travelling from Bengaluru to Coorg will operate normally during the day but will halt near Madikeri overnight before continuing their journey to Virajpet in the morning. However, services to Calicut from Karnataka remain suspended due to ongoing concerns about the safety of the road and passengers. Alternative routes to Wayanad have been established through Gundlupet, Gudalur, Cherambadi, Vaduvanchal, and Meppadi, as the roads from Gundlupet to Maddur checkpost and Wayanad to Meppadi have been closed due to landslides. These detours aim to ensure that transportation services can continue to operate despite the challenges posed by the recent flooding and landslides in the region.

CM announces assistance

Chief Minister Siddaramaiah announced that the Karnataka government will provide a compensation of Rs 5 lakh to each of the deceased Kannadigas. In a post on his official X handle, Siddaramaiah described the incident as a "very heinous tragedy" and expressed his deep sorrow over the loss of lives. He stated, "The deceased Kannadigars will be given a compensation of Rs 5 lakh each. Meanwhile, I pray that the soul of the deceased may rest in peace." The Chief Minister further informed that the state administration has dispatched officials to Kerala to assist in the rescue efforts. Two senior IAS officers from Karnataka, along with NDRF and army teams, are actively engaged in the rescue operations. Additionally, Minister Santosh Lad is being sent to Wayanad to oversee the rescue work. Siddaramaiah stressed that the government's top priority is to save the lives of the victims and bring the affected Kannadigas to safety.

Many from state affected

The devastating flood in Wayanad has claimed numerous lives, including those from Mandya district in Karnataka. Among the victims were Leelavathi and her grandson Nihal from Kaththaragatta village, who tragically lost their lives while travelling in a bus caught in the disaster. The situation remains dire as search and rescue operations continue.

Volunteers step in

Volunteer Ali PK, who is providing psychological first aid, shared details of the ongoing support efforts. Approximately 140 deceased individuals have been found, while 90 others have been rescued, and 72 people are still missing. In response to the crisis, Karnataka has deployed IAS officers C Jaffer and Dileesh Sashi to coordinate relief operations in Kerala. IPS officer Dileesh Sashi confirmed that the recovery process is underway, with rescued victims being sheltered in camps and injured individuals receiving medical treatment in hospitals. Volunteers from Bengaluru, led by Fairos Ahmad, a member of the Bengaluru Malayalees committee, have been actively contributing to relief work. They have organised donation drives to collect essential items such as clean clothes, food, water, sanitary supplies, and medical kits. Donation collection points have been set up in Kammanahalli and Madiwala, and those wishing to contribute can contact the volunteers at 8925274558.

'No progress in 170 cases of state pending with CBI'

Karnataka Home Minister G Parameshwara lashed out at the Central Bureau of Investigation (CBI) on Wednesday, claiming that no progress has been made in 170 cases pertaining to the state pending before the probe agency.

Answering a question on the BJP's demand to hand over the MUDA and tribal welfare scam cases to the CBI, Parameshwara stated, "Why should the scams be handed over to the CBI? There are 170 cases pertaining to the state pending with the CBI. Till date no progress has been made in those cases by the CBI."

"Do we really have to hand over? We don't have trust in the CBI. The BJP called the CBI as Chor Bachao Sanstha and Congress Bachao Sanstha. Suddenly, the CBI has become close to them," he charged.

With regard to the Valmiki tribal welfare board scam, the government took cognizance after the suicide of Chandrasekaran and immediately a Special Investigation Team was formed. "We did not see who is involved. Since bank fraud was involved, the CBI is probing. The ED is probing the money trail. Three investigations are going on and the reports are yet to come," he stated.

"We have taken the resignation of the minister as allegations have surfaced. The ED has taken him into custody. In what way is the CM involved? The CM himself has clarified on the MUDA scam. He is not a signatory to it. Thousands of sites are distributed in the same manner," he said.

When asked about the caste jibe against Congress leader Rahul Gandhi, he said that everyone has an identity in the country. We are a progressive society, being a parliamentarian a person can't talk in this fashion. The BJP leaders speak only to get attention, he said. On whether there are any chances of a change of guard in the state, he stated, "there are no such chances. Presently there is the Chief Minister and we are delivering good administration. This phase in politics is common."**–IANS**

MUDA scam foot march: Miffed JD(S) pulls out

JD(S) on Wednesday pulled out of the proposed foot march against the alleged irregularities in the distribution of sites by the Mysuru Urban Development Authority (MUDA), including to Chief Minister Siddaramaiah's wife, as party leader HD Kumaraswamy hit out at the BJP.

The Union Minister said that his party was not taken into confidence on the foot march and lashed out at the BJP for allegedly picking a leader from Hassan district to be among those given responsibility to spearhead the protest.

Leaders of the opposition BJP had said that the party and JD(S) have decided to hold the foot march from Bengaluru to Mysuru from August 3 to 10 in protest against the alleged fraudulent allotment of sites to land losers by MUDA, including to Chief Minister's wife Parvathi, and demanding his resignation.

Kumaraswamy also ruled out the JD(S) extending "moral support" to the BJP vis-a-vis the foot march.

"We will not give (moral support) for any reason," he told reporters in Delhi, adding that his party was not taken into confidence by the BJP despite the fact that areas, where the foot march was slated to pass through, are JD(S) strongholds.

JD(S), headed by former Prime Minister HD Deve Gowda, joined the BJP-led NDA last year. The two parties fought the recent Lok Sabha elections in the State together.

HDK hits out at BJP for not taking his party into confidence and also against their pick of leader from Hassan; says now is not time to hold such a march

He contended that when people are facing several problems following heavy rains, with many becoming homeless and hundreds of villages marooned, it's not an "appropriate time" to hold such a foot march. "So, we have stepped back."

"Now, we have to respond to people's pain. I don't know who would appreciate (the foot march in these circumstances)," Kumaraswamy said.

He said he was hurt by BJP's move to pick former BJP MLA from Hassan Preetham Gowda to lead the protest, among others.

"Who is that Preetham Gowda ? Preetham Gowda ventured to finish off the family of Deve Gowda. They (BJP) call a meeting with him (Preetham Gowda to discuss preparations for the march) and ask me to sit next to him...the person who put poison to my family.. Who is responsible for distribution of pen-drives? There is a limit to my tolerance.

Are they seeking support for this ? Do they not know what happened in Hassan ? Who is responsible ?" a visibly angry Kumaraswamy asked.

He was referring to large-scale distribution of pen-drives, allegedly containing explicit videos involving his nephew Prajwal Revanna, ahead of the recent Lok Sabha elections in Hassan.

Reacting to Kumaraswamy's statement, BJP leader and the Leader of Opposition in the Karnataka Assembly R Ashoka said he has no clue why JD(S) leadership has so much animosity towards Preetham Gowda.

On the foot march, he added that the party will "finalise things" by this evening or tomorrow. **–PTI**

All traffic easing plans lead to elevated corridors

CONTINUED FROM PAGE 1

north-south directions, BBMP is now planning a 100-km long elevated corridor under the Brand Bengaluru project at an estimated cost of ₹11,940 crore.

Concerns and criticism

Despite the ambitious plans, there is significant skepticism about the effectiveness of elevated corridors in reducing traffic congestion. Past experiences show that such infra, for instance the signal-free corridor from Hebbal to Silk Board, have not resolved congestion issues. Traffic experts argue that elevated corridors might merely shift congestion points rather than eliminate them, with ramps potentially becoming new bottlenecks. Additionally, previous projects, like flyovers connecting Devanahalli Airport, Hosur, and Mysuru, have led to increased jams near ramps and tolls. Critics fear that the new elevated corridors might face similar challenges.

Land acquisition challenges

One of the major hurdles in the implementation of the elevated corridor project is land acquisition. The Peripheral Road project, aimed at decongesting the city by diverting traffic to the outskirts, has been stalled due to land acquisition issues. The feasibility of acquiring land in the city's densely populated heart remains uncertain, posing a significant challenge to the elevated corridor project.

Project details

One of the significant routes proposed for the elevated corridor is the 23 km corridor stretching from KR Puram through Old Madras Road, Ulsoor Lake, St. John's Church Road, Jayamahal Road, Main Road, IISc,

Yeswanthpur, and Goraguntepalya, estimated at ₹120 crore per km, totaling ₹2,760 crore. Another critical route spans 10 km from Nagavara Junction to Ramakrishna Hegde Nagar Junction, Sampige Road, Thirumenahalli, Bellahalli Junction, and Bagalur Main Road, costing ₹1,200 crore. The Hosur Road route covers 5.5 km from Anepalya Junction to Adugodi Junction, Forum Junction, St. John's Church Junction, Madivala Junction, and Silk Board Junction, estimated at ₹660 crore.

Additionally, there is a 10-km corridor from Marenahalli Main Road to Kanakapura Road and Talaghattapura Nice Road, costing ₹1,200 crore. The 2.7 km route from Minerva Circle through Shivaji Talkies, Town Hall, LIC, Halasuru Police Station, and Hudson Circle is estimated at ₹324 crore.

The Old Madras Road Link Road to Suranjandas Road, Suddaguntepalya Junction Flyover is 1.8 km long, with an estimated cost of ₹216 crore.

The extension of the existing Anand Rao Circle Flyover till K.R. Circle spans 1.5 km and costs ₹180 crore, while the Kanakapura Road's Konanakunte Cross Signal and Raghuvanahalli Adyar Ananda Bhavan Hotel routes cover 0.9 km and 0.8 km, costing ₹108 crores and ₹96 crores, respectively.

The Okalipuram to Sangolli Rayanna Circle Majestic Bus Stand underpass is 0.5 km long, with an estimated cost of ₹60 crore.

An extension of the Ejipura Flyover to Hosur Road is 1.8 km, costing ₹216 crore. The Hope Farm Junction to K.R. Puram route spans 10 km, estimated at ₹1,200 crore. The West of Chord Road to ORR covers 4.5 km and costs ₹540 crore. Another 2 km corridor from Tumkur Road's Govardhan Theater to NH Elevated Corridor is estimated at ₹240 crore.

The Tannery Road's Madhava Mudaliar Street to Nagavara Junction is 5.5 km, costing ₹660 crore. The Yelahanka Township to Kempegowda International Airport Road route is 4 km long and costs ₹480 crore.

Finally, the 15 km Hennur Main Road to Bagalur Junction route is estimated at ₹1,800 crore. In total, the project covers 100 km and is expected to cost ₹11,940 crore.

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I, Dr. M Kala, aged about 65 years, Residing at No.3635, 13th G Main, 8th Cross, Indira nagar, HAL II stage, Bengaluru-560038, by a General Power of Attorney executed at Bengaluru, on dated: 20.08.2015, had appointed Mr S.VIJAYA KUMAR, aged 72 years, son of Sri M.Saranga Pany (late), residing at No. 3635, 13th G Main, Indira nagar, 2nd Stage, Bangalore-560038, as my true and lawful General Attorney in respect of my immovable property No. 1106, HSR 1st Sector, Bengaluru-560102, And whereas for personal reasons and consideration, it has become necessity for me to revoke all the power.

NOW KNOW YE ALL THAT by this Deed, I cancel the said General Power of Attorney, absolutely and completely and revoke all power or authority thereby and thereunder given to him/her before revocation either expressly or impliedly to do all acts, deeds, intents and purposes regarding the said property.

IN WITNESS WHEREOF, I put my signatures on this Revocation of General Power of Attorney at Bengaluru on this 26th July 2024.

Witnesses:
Sd/- (Praveen Kumar)
Sd/- (Dr. H.L Uma)

EXECUTANT
Sd/-
(M. Kala)

Execution Admited before me
Sd/-
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#41/8, 9th Cross, Kalkere main road, R M Nagar, Bangalore-560016
9880453009, 9880072169

personal

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I, Nataraja C B S/o Basavaiah R/o No. 208, 1st Block, 2nd Cross, Jnanabharathi extension, BDA Layout, Valagerahalli, Kengeri, B'luru-560060 have changed my name to C B Nataraj for all purposes.

I, Pasha Waheeda Javeed, R/at No.2, Samiulla Building, 3rd Floor, 1st Cross, Kushal Nagar, K G Halli, Bangalore-560045, Have Changed My Name To Waheeda Shareff, For All Purposes.

I Ramesh S/o Shivashankar R/o No 04 2nd Floor, 23rd Cross, 21st Main, J C Nagar, Kurubarahalli, Maha - lakshmipuram , Bengaluru 560086 have changed my name to Ramesh S for all purposes.

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I, Shreya Arunkumar D/o Arunkumar C R/o 64/4 5th Main Road Opp. SBI B'lore-560018 have changed my name to Shriya Arunkumar.

I Sohail Ahmed Sulaiman Haseena S/o Mohammed Sulaiman R/a No #144, Tank Bund Road, Near Goodwill English School, Yelahanka, Bangalore-560064 Ihave Changed my Name to Sohail Ahmed. Vide Affidavit dated on 31/07/2024 Sworn Before Notary Leela Bangalore

I, Vikram Kennady R/o No.9, Srinivasa Nilaya, Harinagar cross, Muneshwara Lyt, Anjanapyra, Bengaluru 560062 have changed my name to Varadarajan Vikram Kennady Affidavit Dt.31/07/2024 notary Harisha G, B'luru

I, Mr Dileep H S/o Hanuesha K A R/a at No 04, Ground Floor, 2nd Main, Chinnappa Layout, Dwaraka Nagar, IAF Post, Yelahanka, Bangalore-560064. that in my CBSE 10th Marks card my name is mentioned as Mr H Dileep instead of Mr Dileep H. My Father name is Mentioned as Mr Hanumesha instead of Mr Hanumesha K A and My Mother Name is Mentioned as Mrs Shanthamma instead of Mrs Shanthamma H B. I state that My name is Mr Dileep H in my all official Records mentioned name as Mr H Dileep. I hearby Declare that Both the Names are My Names Only. Vide Affidavit Dated on 30/07/2024 Sworn Before Notary C R Ravichandra Reddy Bangalore

I, SHIVAKUMAR, S/o DODDA ASHWATTHAPPA R/O SADALI VILLAGE AND POST , CHIKBALLAPUR 562104, KARNATAKA have changed my name to SHIVAKUMAR SADALI DODDA ASHWATTHAPPA

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MUM'S THE WORD

Cognitive load of household work takes toll on women's mental health

When you think about housework, you likely think of actions: scrubbing the dishes, running errands, chopping vegetables for dinner. And it's not news to say that mothers often shoulder the burden for most of those activities.

But there's an invisible dimension of household labor that unfolds behind the scenes: the cognitive effort that goes into anticipating needs, planning, organising and delegating household tasks. In other words, someone has to remember to replace the dish soap and select which vegetables to chop.

Our new research found that this cognitive dimension of housework, often called the "mental load," is divided even more unevenly within couples than the physical dimension – and it seems to take a particular mental health toll on women. According to the study we published in the Archives of Women's Mental Health, mothers who take on a more disproportionate share of cognitive household labor report higher levels of depression, stress, relationship dissatisfaction and burnout.

Tracking who does what

We asked 322 mothers of young children about who in their family is responsible for 30 common household tasks. We collaborated with the creators of the Fair Play system – a book and card game designed to better quantify the division of labor within households – to divide each task into two dimensions: cognitive (anticipating, planning, delegating and thinking about household tasks) and physical (the hands-on execution of household tasks). We then examined how these tasks are shared between partners.

We found a striking gender disparity: Mothers not only performed more physical housework but also carried a significantly greater share of cognitive labor compared with their partners.

On average, mothers reported being responsible for about 73% of all cognitive household labor compared with their partners' 27%, and 64% of all physical household labour compared with their partners' 36%. Indeed, for every single task we examined, the gender difference was larger for the cognitive dimension than the physical execution dimension.

There was only one task in which fathers did more planning and execution: taking out the garbage. Fathers also carried out more home maintenance tasks, but mothers did more of the related planning.

Interestingly, while an unequal division of physical tasks was linked to worse couple relationship quality, it was the cognitive labor that had a more profound impact on women's psychological well-being.

Family dynamics have societal impact

An unequal division of household labor is a key driver of global gender inequity, suppressing women's full participation in the paid workforce and significantly affecting women's health and well-being.

Our study is one of the first to investigate the cognitive dimension of household labor and its effects on maternal mental health. Cognitive labor may be particularly taxing for women because it often runs behind the scenes and goes unacknowledged or unappreciated by others. It also pulls mental energy away from other priorities.

Additional studies indicate that women experience more negative effects from child care and housework compared with men, such as higher depression rates, partly due to the heavier cognitive load they carry.

What still isn't known

Our study was limited by its reliance on self-reported household labor and by the fact that we were able to collect data only from mothers in cohabiting, heterosexual couple relationships. Future studies can survey both partners and directly observe what chores couples do at home. They can also look at different kinds of relationship configurations, including gay and lesbian couples.

We also don't know much about the long-term effects of the division of cognitive labor on women's mental health and cognitive functioning.

The unfair division of housework is a frequent source of stress in relationships and often cited by women as a reason for divorce. The cognitive load may be an underappreciated aspect of the domestic workload that warrants more attention from couples therapists, mental health counselors and premarital relationship educators.

(The Conversation)

MIRRORLIGHTS

Study finds unique patterns like 'fingerprints' in brains of people born blind

In people born blind, the primary visual cortex, the brain region known to process visual information, develops unique patterns different to those in people with sight, researchers said, likening these patterns to an "individual fingerprint."

They said that the connectivity in the visual cortices of people who can see did not show such varied changes and were "usually fairly consistent."

"The connectivity pattern in people born blind is more different across people, like an individual fingerprint, and is stable over time -- so much so that the individual person can be identified from the connectivity pattern," said lead author Ella Striem-Amit, an assistant professor of neuroscience at the Georgetown University, US.

The study, published in the Proceedings of the National Academy of Sciences (PNAS), included a small sample of people born blind, who underwent repeated functional MRI scans over two years.

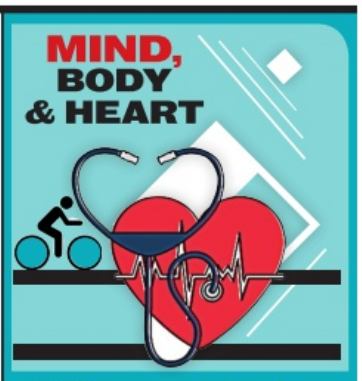
Upon analysing the scans, the researchers found the unique connectivity patterns showed "remarkable stability" over time.

"Our study found that these patterns did not change significantly based on the task at hand -- whether participants were localising sounds, identifying shapes, or simply resting. Instead, the connectivity patterns were unique to each individual and remained stable over the two-year study period," said Lenia Amaral, a postdoctoral researcher at the Georgetown University.

The findings suggested that life experiences shape the different ways in which one's brain develops, especially if they grew up without being able to see, the authors said.

"Brain plasticity in these cases frees the brain to develop, possibly even for different possible uses for the visual cortex among different people born blind," Striem-Amit said.

Brain plasticity, or neuroplasticity, refers to the ability to reorganise and restructure itself in response to changes in the environment. Individual connectivity patterns could also be helpful in tailoring solutions for restoring sight in people born blind, the authors said. — PTI



All you need to know about...

Acne

What causes acne?
Many factors can cause acute acne. Stress, bacterial infections, hormonal changes, medications, diet, allergies, and excess oil secretions are some of the reasons why one experiences acne. The good news is that it can be treated under medical supervision and by cutting down on things that cause friction and cause you acne.

Do homemade face masks for acne work?
It depends on your skin type and the type of face masks that suit you. Carefully observe if you are allergic to any of the ingredients and then choose your homemade face masks. Medications prescribed by your trusted dermatologist will help you fight underlying causes that may not be solved by applying face masks.

Are there any side effects of using these homemade face masks for acne?
Since all the ingredients mentioned above are purely natural and not cosmetic in any sense, it is a rare possibility for them to cause any allergic reactions or side effects. However, it's best to know the sensitivity of your skin before zeroing down on the masks and avoid ingredients that do cause you reactions.

How long should I leave a homemade face mask for acne on?
The ideal time to leave on any kind of face mask is from 15 minutes to an hour. However, it works individually and can be extended for as long as you want.

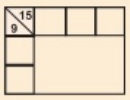
Is yoghurt a good ingredient to include in homemade face masks for acne?
Depending upon the skin type, yoghurt can be used in any of the face masks you intend to make. It has anti-bacterial and anti-fungal properties that fight against any infections that lead to breakouts.

—Femina

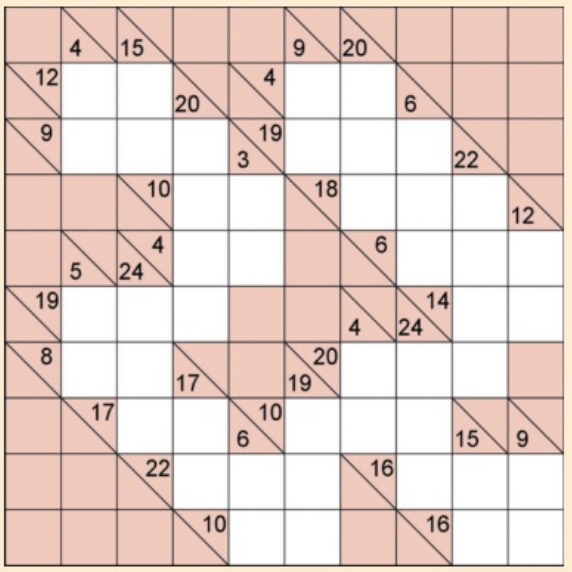
mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

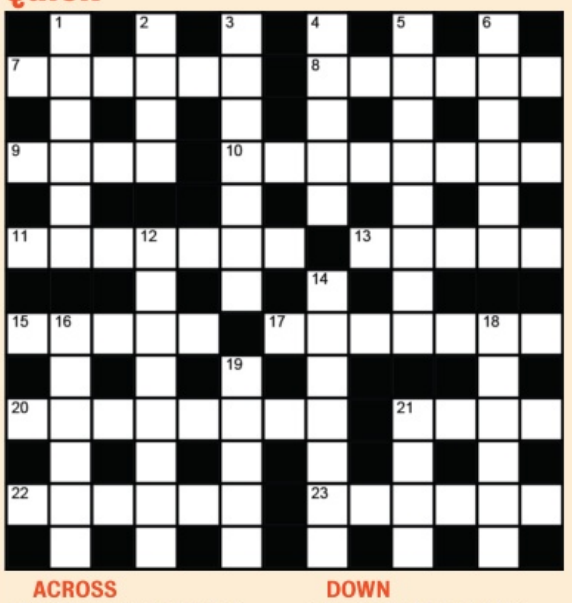
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Japanese plant growing art (6)
8 A quantum of radiant energy (6)
9 Impost (4)
10 Gifts (8)
11 On this occasion only (3,4)
13 One of the three a batsman has to protect (5)
15 Active, sprightly or lithesome (5)
17 Rust, deteriorate or erode (7)
20 Al fresco bar at the Oberoi (4,4)
21 People in general (4)
22 Former German chancellor ___ Merkel (6)
23 Liken to (6)

DOWN

1 Go without, give up (6)
2 Catch sight of (4)
3 Find fault (7)
4 Salesman's patter (5)
5 Ambitious sort (2-6)
6 Low point (6)
12 Observer; witness (8)
14 Foyers (7)
16 Gone to ___ : in hiding? (6)
18 Adulterate (6)
19 Table in church (5)
21 Noisome (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: M EQUALS G

FNL PIQLYI'C VWDO UVZ HC
FV MLF VBF VR FNL SIO VR
QIAHWM GNVFVMYIGNC

Linemaro

I can't wait until tomorrow. Somehow you get prettier every day

Mindchow

Many people die at 25 and are not buried until they are 75

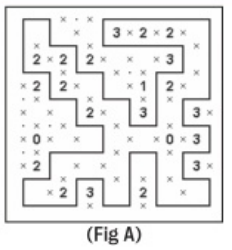
Joke of the day

I did a sponsored walk, once. In the end I managed to raise so much money, I could afford a taxi

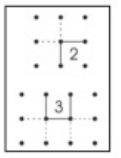
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

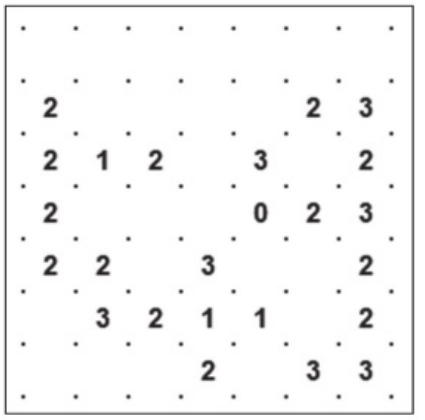


(Fig B) Not Allowed

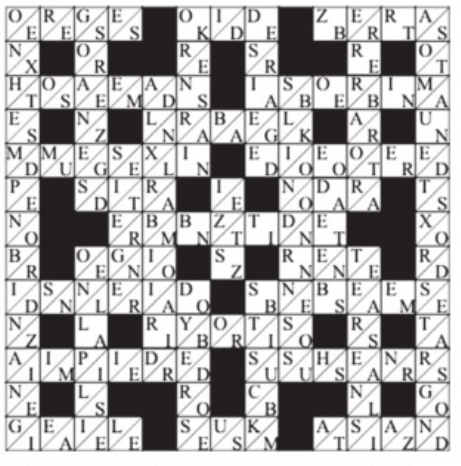
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3 B	4	5
6				
7				
8				
9				

ACROSS

1 Brose; 6 Up ret;
7 Stair; 8 Caaba;
9 Ty wit

DOWN

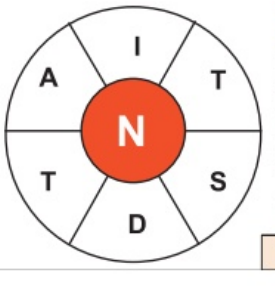
1 Wears; 2 I rob I;
3 Tub at; 4 At pec;
5 Trays

Mensapuzzle

What number should replace the question mark? The first number is 12

12
3 7 3
4 1 4 1 4
1 2 2 5 2 2 1
1 1 1 1 ? 1 1 1 1

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; 06 Good; 08 Outstanding

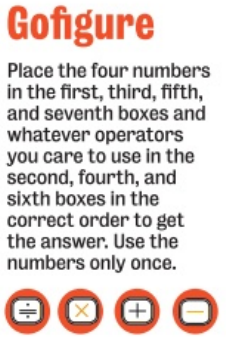
SudokuChallenge

		6	2		4		7	
		3			7		4	
4							8	2
			5		8			
		8				3		
			4		9			
2	3							5
	6		1			2		
	9		8		3	7		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 21
4 5 5 7

Medium = 37
3 7 7 9

Hard = 9
2 5 6 2

Hocusfocus

Find at least six differences in details between panels.

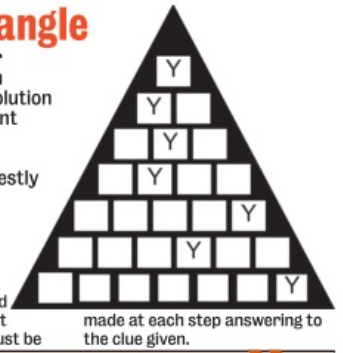
Differences: 1. Ann is longer. 2. Pocket is moved. 3. Shutter is smaller. 4. Tree is smaller. 5. Fence is not as long. 6. Woman's hair is different.

Riddler

The shape of my form will waver and bend,
From the things I'm destroying and the things I will rend. My colour will vary from bright red and blue, The power I'm using will dictate my hue. What am I?

Alpha triangle

1 Second last letter
2 Old fashioned you
3 Strong alkaline solution
4 Ancient instrument
5 Ahead of time
6 Sock pattern
7 Solemnly or earnestly

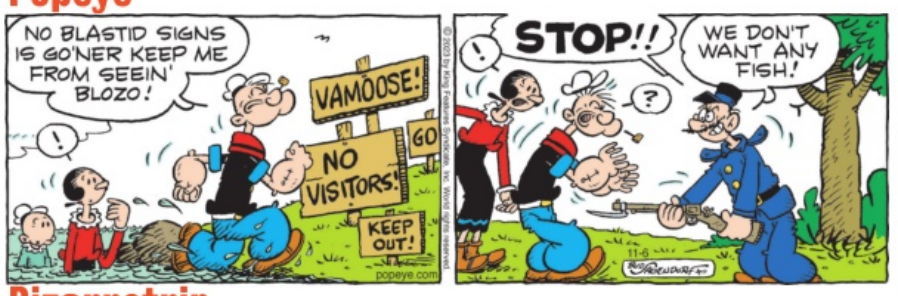


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye



Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft

THANKS FOR THE LAUGH EVERY DAY...
MEET THE AUTHOR
WELL, ALMOST EVERY DAY.
4-27
HEY, THEY DON'T CALL ME 'BUMMER BATTON' FOR NOTHING!
BATLIK & DAVIS tombatliuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel dull. You may have some health issues. You are advised to postpone making investments in the business. You are likely to face losses in the business. It is also advised not to start a new venture. Your gains may likely be converted into losses.

Taurus Apr 21 – May 20
Today, you are blessed by the moon; you may be able to make quick decisions on the professional front. You may expect to get new opportunities in terms of business, which may boost your confidence level. You are also likely to start some new innovations with the help of your partner, which may increase your business in the near future.

Gemini May 21 – Jun 21
Today, you are blessed by the moon, you may perform well at work, and you may expect some promotions or transfers in terms of gains. You may also plan to change your current job. Your relations with the boss may have improved now. Chronic health issues will be resolved now, which may make your family happy.

Cancer Jun 22 – July 23
Today, you are blessed by the moon, which may give you confidence. You are also decisive, so you may grab the opportunity without a second thought; you may be able to make important decisions confidently. You are likely to spend money on family and friends. Lovebirds may enjoy their happy moments. Job aspirants may be likely to get a suitable job with the help of friends.

Leo Jul 24 – Aug 23
Today, you may have a dull feeling, and you may not enjoy your day. You may be a victim of arrogance. It may affect both your professional and domestic lives. You may feel a lack of confidence internally, which may stop you from doing something creative at work.

Virgo Aug 24 – Sep 23
Today, you may spend your hard-earned money on buying some worthless stuff. You are also advised to control your straightforwardness; your loose talk may affect people around you. Your mind may likely work very fast, so it is advised to make any important decision with patience.

Libra Sep 24 – Oct 22
Today, you may make quick decisions, which may have benefits in your day-to-day life. You may make some difficult decisions with the help of your colleagues, and you may be likely to achieve success easily. Property-related disputes between siblings are likely to be resolved. You may also expect some short trips.

Scorpio Oct 23 – Nov 22
Today is a good day for you; you may be able to make important decisions confidently. But you are advised to control your straightforwardness, as it may affect people around you. You may spend your hard-earned money on buying some worthless stuff. You are also advised to be patient while making any important decisions.

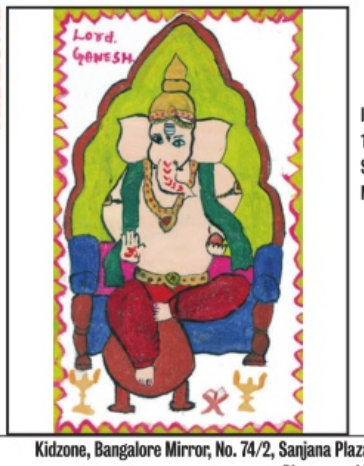
Sagittarius Nov 23 – Dec 22
Today, you may not feel better; old health issues may arise, and it may make you upset. You may make some wrong decisions due to impatience and hurry. It is advised to think twice before making any decision. You are advised to be careful with your spending, as you may end up buying worthless things.

Capricorn Dec 23 – Jan 20
Today, there may be peace in the mind. You may plan to invest some capital in the business, which may increase its liquidity. Your earnings may boost your financial health. You may enjoy romantic moments with your spouse, which may enhance harmony in family life. Singles may be likely to find a suitable match. Lovebirds may make the decision to get married. Students will be blessed by good karma.

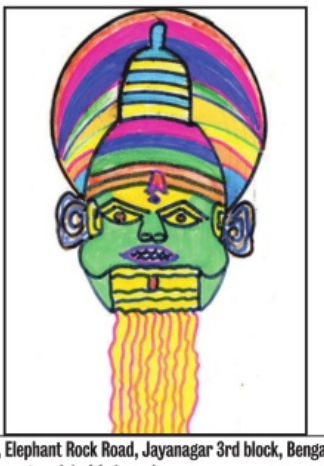
Aquarius Jan 21 – Feb 19
Today, you may be very happy. Your losses may be converted into profits. Your seniors may be happy and appreciate your work. You may likely have some changes to your place, position, or responsibilities at work in terms of promotions. Your opponents and hidden enemies may be under control now. Singles and lovebirds may make important decisions in terms of marriage with the help of relatives or friends.

Pisces Feb 20 – Mar 20
Today, you are blessed by the moon, which may make you happy. Last week's crunch is now over. With the help of blessings, you may get reciprocation for your hard work. With the help of your subordinates, you may be able to initiate your postponed work. There are some gains in your business that may boost your finances.

KIDZONE



Ishwarya K S,
10 Years
Sathweek Vidya Mandir



Sadhvi Sanju,
8 Years,
The New Cambridge English School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
2.(3–5–1) × (2.3).1/3 × (2.2).3
2.–3 × 2.1 × 2.6
2.4=16

RIDDLER
Fire

BULL'S EYE
dint, DISTANT, saint, sand, satin, stain, stand, stint, taint, tint

FAST FIVE

R	O	B	E	S
E	R	U	P	T
S	I	T	A	R
A	B	A	C	A
W	I	T	T	Y

STRIKE OUT

E	R	G	S	K	I	D	B	E	T	S				
T	O	M	A	N		I	B	E	R	I	A			
X	R		E		R		R		T		N			
N	S		R	C		L		O			G	A	E	L
I	M	P	E	D	E		U	S	H	E	R	S		
Z	A		A	R	Y	O	T	S		S		A		
I	N	L	E	A	D		S	E	S	A	M	E		
R		E	G	O		S		N	N	E		R		
O			E	B	B	I	T	I	D	E		O		
P		D	I	A		I		N	D	A		T		
M	U	E	S	L	I		D	I	E	T	E	D		
E		Z		L	A	B	E	L		A		N		
	T	O	A			R		I	G		T			
B	O	N	S	A	I		P	H	O	T	O	N		
F		E		N		S		G		B				

QUICK

D		R		R		S		L		E				
A	N	G	E	L		E	Q	U	A	T	E			
U		K		T		I		O		U				
P	O	L	O	C	L	U	B		F	O	L	K		
	R		O		A		B		I					
A	G	I	L	E		C	O	R	R	O	D	E		
		N		K		L		E						
F	O	R	O	N	C	E		S	T	U	M	P		
		I												
L	E	V	Y		P	R	E	S	E	N	T	S		
		P		T		I		G		T				
B	O	N	S	A	I		P	H	O	T	O	N		
F		E		N		S		G		B				

MENSA PUZZLE
8 should replace the question mark. The sum of numbers increase by 1

QUOTE UNCODE
The camera's only job is to get out of the way of making photographs

SUDOKU

5	9	4	8	2	3	7	6	1
8	6	7	1	9	5	2	3	4
2	3	1	7	4	6	8	9	5
3	5	2	4	7	9	6	1	8
7	4	8	6	1	2	3	5	9
6	1	9	5	3	8	4	2	7
4	7	5	3	6	1	9	8	2
1	2	3	9	8	7	5	4	6
9	8	6	2	5	4	1	7	3

ALPHA TRIANGLE
Y, Ye, Lye, Lyre, Early, Argyle, Gravely.

GO FIGURE
Easy
5 + 7 + 4 + 5 = 21
Medium
3 x 7 + 7 + 9 = 37
Hard
2 x 6 + 2 – 5 = 9

LOOP

KAKURO

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New tune — Fans may soon see Bollywood superstar Aamir Khan donning a hat as a singer. The star surprised the audience at an event saying, "I have started learning to sing. I have been training for the last one year. Sucheta ji is my guru"

Wild prop

Actress Priyanka Chopra Jonas, who is busy shooting for her upcoming movie 'The Bluff', is having a great time during the film's schedule and seems to be enjoying every bit of it. The actress recently took to the Stories section of her Instagram, and shared a BTS picture from the sets of the film which shows a vintage gun.

She wrote on the picture: "Wild! Our period appropriate props are so cool #thebluff #moviemaking."

'The Bluff' is an American swashbuckler drama film which also stars Karl Urban, Ismael Cruz Córdova, Safia Oakley-Green and Vedanten Naidoo. The film is set in the Caribbean islands in the 19th century, and sees Priyanka in the role of a former pirate who must protect her family when her past catches up to her.

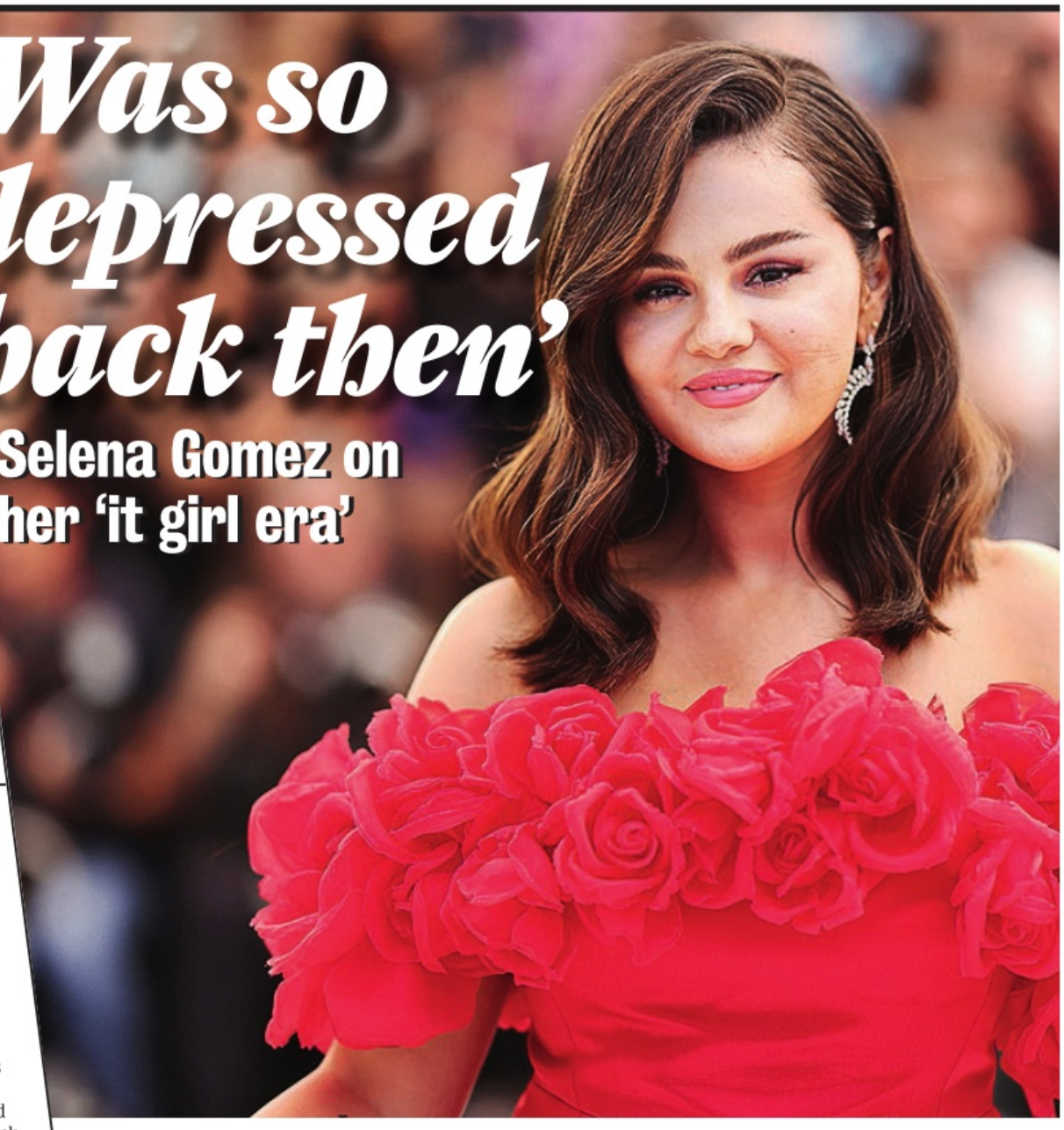
Meanwhile, Priyanka's film 'Mujhse Shaadi Karoge' co-starring Salman Khan, and Akshay Kumar recently completed 20 years. Priyanka Chopra celebrated the 20th anniversary of the film's release as she shared a throwback photo on her Instagram.

In the picture she can be seen posing with Akshay and Salman. She wrote on the picture: "20 years of being Rani! Woah! Those brows tho."

— IANS

'Was so depressed back then'

Selena Gomez on her 'it girl era'



Singer-actress Selena Gomez opened up about her feelings about the time in her life when she was being photographed by paparazzi and dating American popstar Justin Bieber.

Gomez, who is happily settled with her music producer beau Benny Blanco, spoke about how she had the blues at the time in a reaction to throwback footage of herself posted on social media showing her getting pictured and posing with a fan.

A clip was set to her ex Bieber's song 'Company', with a caption the video saying: "I know and so do you that at the time she would never have gotten engaged to Benny (Blanco) (when) she was in her IT GIRL era."

Text over the video also said Gomez's former self "would never date Benny Blanco."

Hitting back at the claim, she said: "Kinda makes me laugh because I was so depressed back then lol."

Gomez dated Bieber on and off for eight years and a few months after she and the 'Baby' hitmaker split in 2018 he married Hailey Bieber, 27, with whom he is expecting his first child, reports femalefirst.co.uk.

Gomez has told how she loves the way Blanco treats her, saying online in December: "He has treated me better than any human being on this planet."

She added to Time magazine that she is not "fazed" when her critics say "the most hurtful things."

Blanco celebrated her 32nd birthday by buying her a jewel-encrusted necklace in the shape of his first initial made by a 14-karat gold, diamond-studded piece.

— IANS

Happy returns of the day

As Kiara Advani celebrated her 32nd birthday on Wednesday, her husband and fellow 'Shershaah' actor Sidharth Malhotra took to social media to express his love and admiration for her.

Sidharth shared a heartwarming post featuring a beaming picture of Kiara, capturing the joyous occasion. Sidharth wrote, "Happy Birthday Love, the pic says it all. You're the kindest soul I know. Here's to many more memories together."

Fans and followers were quick to flood the comments with their well-wishes, celebrating the couple's love and Kiara's special day.

Along with the post, he added a special touch by adding their wedding song 'Ranjha' in the photo.

The photo captures Kiara posing with her birthday decoration in a beautiful white outfit and flaunting her smile.

A while ago, Kiara's 'Kabir Singh' co-star Shahid Kapoor penned the heartwarming wish on his Instagram story.

He shared a throwback fun video from 'Kabir Singh' featuring himself and Kiara.

Sharing the video, Shahid wrote, "To many more laughs and good times! Happy Birthday Kiara Advani."

Apart from Shahid, other celebs such as Bhumi Pednekar, Parineeti Chopra, Rakul Preet Singh and Athiya Shetty also wished Kiara.

—ANI

SANDALWOOD SHOTS

Y MAHESWARA REDDY

No differences!

Sandalwood was agog with rumours on the alleged differences between mega-budget movie Martin producer Uday K Mehta and director AP Arjun about the latter allegedly taking commission for computer graphics (CG) and VFX work for the film. A few days ago, director Arjun denied taking any commission. On Tuesday, Arjun once again clarified that he has no differences with Mehta and he was at loss to understand why he is being targeted on social media.

At a media meet, Arjun said he may have a disagreement regarding the remuneration and it will be sorted out mutually and legally. "The so-called differences of opinion are the creation of some media people," said Arjun.

Mehta too made it clear that he has not lodged any police complaint against the director. "I lodged a complaint against a person assigned to provide CG and VFX for the movie Martin as he did not finish the job even after six months. I have no differences of opinion with Arjun," the producer said.

Martin went on floors in August 2021 and the director took three years to complete its shooting and post-production work. If all goes well, the movie is scheduled for release on October 11, 2024. Dhruva Sarja said he was happy with how Martin has turned out. "I never come across any differences between them," he said.

Nagini is director

Nagini Bharana, the better half of veteran director and actor TS Nagabharana, has at last fulfilled her friends and well-wishers' long-pending demand that she direct a film. Nagini Bharana, known as a costume designer, has directed a movie titled Genius Muttha. "My friends and well-wishers were advising me to direct a movie for the last few years but I could not do it so far. Lata Jaiprakash asked me to write a script and direct a movie to launch her son Master Shreyas as a hero. Genius Muttha is a different movie and it is set against the beautiful backdrop of Biligirirangan Hills," said Nagini.

She said Genius Muttha has an ensemble of cast including Master Shreyas, Vijaya Raghavendra, TS Nagabharana, Pannaga Bharana, Girija Lokesh, and Sunderraj.

The movie is bankrolled by GS Lata Jaiprakash. Vijaya Raghavendra makes a special appearance in the movie. Vijaya Raghavendra said he was indebted to director TS Nagabharana for directing Chinnari Muttha in which he played the lead three decades ago. TS Nagabharana was all praise for his wife. "Nagini used to support me while directing movies and tele serials. Now, she has become a director," he said.